

Response to Stressful Experience Scale (Physical Injury)

Source: The items are from the 22-item Responses to Stressful Experiences Scale (RSES) (with modification to instructions) Public Domain

Reference: Johnson, D. C., Polusny, M. A., Erbes, C. R., King, D., King, L., Litz, B. T., Schnurr, P., Friedman, M. and Southwick, S. M. (2008). *Resilience and Response to Stress: Development and Initial Validation of the Response to Stressful Experiences Scale (RSES)*. Paper presented at the 2nd Annual Marine Corps Combat and Operational Stress Control (MCCOSC) Conference, San Diego, CA.

Scale Description: The RSES is a 22-item scale emphasizing coping processes. It was developed by the NC-PTSD and was validated using active duty and reserve component military samples (N = 1059). Used here with a slight modification to instructions.

Scoring and Algorithm

Note: For each assessment, there is a scoring algorithm leading to one of three acuity ranges: Low, Moderate, or High.

The items are scored 0-4 as described below; total score is sum of all 22 items, possible range 0 - 88.

Not at all like me = 0

= 1

= 2

= 3

Exactly Like Me = 4

Algorithm

Total = 71 – 88 High Resilience

Total = 50 – 70 Moderate Resilience

Total = 0 – 49 Low Resilience



The Physical Injury Responses to Stressful Experience Scale

Instructions: The following statements describe how some individuals may think, feel, or act during and after the most stressful events in life. Please indicate how well each of these statements describes your response to the stress of your physical injury.

In response to the stress of my physical injury, I tend to. . .

1. ...take action to fix things.

4	3	2	1	0
Exactly Like Me				Not at All Like Me

2. ...not give up trying to solve problems I think I can solve.

4	3	2	1	0
Exactly Like Me				Not at All Like Me

3. ...find a way to do what's necessary to carry on.

4	3	2	1	0
Exactly Like Me				Not at All Like Me

4. ...pray or meditate.

4	3	2	1	0
Exactly Like Me				Not at All Like Me

5. ...face my fears.

4	3	2	1	0
Exactly Like Me				Not at All Like Me

6. ...find opportunity for growth.

7.	4	3	2	1	0
	Exactly Like Me				Not at All Like Me

8. ...calm and comfort myself.

4	3	2	1	0
Exactly Like Me				Not at All Like Me

9. ...try to "recharge" myself before I have to face the next challenge.

4	3	2	1	0
Exactly Like Me				Not at All Like Me



10. ...see it as a challenge that will make me better.

4	3	2	1	0
Exactly Like Me				Not at All Like Me

11. ...look at the problem in a number of ways.

4	3	2	1	0
Exactly Like Me				Not at All Like Me

12. ...look for creative solutions to the problem.

4	3	2	1	0
Exactly Like Me				Not at All Like Me

13. ...put things in perspective and realize I will have times of joy and times of sadness.

4	3	2	1	0
Exactly Like Me				Not at All Like Me

14. ...be good at determining which situations are changeable and which are not.

4	3	2	1	0
Exactly Like Me				Not at All Like Me

15. ...find meaning from the experience.

4	3	2	1	0
Exactly Like Me				Not at All Like Me

16. ...find strength in the meaning, purpose, or mission of my life.

4	3	2	1	0
Exactly Like Me				Not at All Like Me

17. ...know I will bounce back.

4	3	2	1	0
Exactly Like Me				Not at All Like Me

18. ...expect that I can handle it.

4	3	2	1	0
Exactly Like Me				Not at All Like Me

19. ...learn important and useful life lessons.

4	3	2	1	0
Exactly Like Me				Not at All Like Me

20. ...understand that bad things can happen to anyone, not just me.

4	3	2	1	0
Exactly Like Me				Not at All Like Me



21. ...lean on my faith in God or a higher power.

4	3	2	1	0
Exactly Like Me				Not at All Like Me

22. ...draw upon lessons learned from failures and past mistakes.

4	3	2	1	0
Exactly Like Me				Not at All Like Me

23. ...practice ways to handle it better next time.

4	3	2	1	0
Exactly Like Me				Not at All Like Me

**The reproduction of any copyrighted material is prohibited without the express permission of the copyright holder.*